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For more information about how to prepare your disaster supply kit and prepare for a specific terrorism threat or a natural or man-made disaster click on the related links:

www.homelandsecurity.ky.gov

www.redcross.org/preparedness/cdc_english/CDC.asp

www.ready.gov



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- If you are told there is danger of explosion, close the window shades, blinds, or curtains.
- Call your emergency contact. Ideally your room will have a hard-wired telephone. Cellular telephone service may be overwhelmed or damaged during an emergency. You will need a working phone if you have to report a life-threatening situation.
- Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

If you are caught in an unprotected area, you should:


- > Move away immediately.
- > Get upwind of the contaminated area.
- > Find shelter as quickly as possible.

WHAT TO DO AFTER A CHEMICAL INCIDENT

- Decontamination is needed within minutes of exposure to minimize health consequences.
- Do not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe to do so.

- A person affected by a chemical agent requires immediate medical attention from a professional. If medical help is not immediately available, decontaminate yourself and assist in decontaminating others.
- Pets should be decontaminated along with their owners, according to the best practices for each type of hazard. Any pet with you when you become contaminated may then contaminate you or others (cross-contamination).

Chemical decontamination guidelines:

- Use extreme caution when helping others who have been exposed to chemical agents.
- Remove all clothing and other items in contact with the body. Contaminated clothing normally removed over the head should be cut off to avoid contact with the eyes, nose, and mouth. Put contaminated clothing and items into a plastic bag and seal it.
- Decontaminate hands using soap and water. Remove eyeglasses or contact lenses. Put glasses in a pan of household bleach to decontaminate them, and then rinse and dry them.
- Flush eyes with water.
- Gently wash face and hair with soap and water; then thoroughly rinse with water.
- Decontaminate other body areas likely to have been contaminated. Blot (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water.
- Change into uncontaminated clothes. Clothing stored in drawers or closets is likely to be uncontaminated.
- Proceed to a medical facility for screening and professional treatment. 



WHAT TO DO IF YOU'RE EXPOSED TO A CHEMICAL THREAT



www.homelandsecurity.ky.gov

What can I do to protect myself and my family from chemical leaks or attacks?

Chemical agents are poisonous vapors, aerosols, liquids and solids that have toxic effects on people, animals or plants. They can be released by bombs or released accidentally into the atmosphere. Many chemicals create a hazard to people and the environment. Some chemical agents may be odorless and tasteless. They can have an immediate effect (a few seconds to a few minutes) or a delayed effect (2 to 48 hours). Chemical agents that are potentially lethal are difficult to deliver in lethal concentrations. Outdoors, the agents often dissipate rapidly. Chemical agents are also difficult to produce.

- A chemical attack could come without warning. Signs of a chemical release include people having difficulty breathing, experiencing eye irritation, losing coordination, becoming nauseous or having a burning sensation in the nose, throat and lungs. Also, the presence of many dead insects or birds may indicate a chemical agent release.



WHAT TO DO TO BE PREPARED FOR A CHEMICAL RELEASE OR WEAPON

- Periodically check your Disaster Supply Kit to make sure you have available and ready to use:
 - > A roll of duct tape (recommended thickness of 10 millimeters) and scissors.
 - > Plastic sheeting for doors, windows and vents for the room in which you will shelter-in-place. To save critical time during an emergency, pre-measure and pre-cut the plastic sheeting for each opening (recommended thickness of 4 to 6 millimeters or greater).
- You may want to store the items that you would use to seal a room against chemical agents in the internal room selected as your space to shelter-in-place.
- Choose an internal room to shelter in, preferably one without windows and on the highest level.
- Pet owners should encourage local health authorities to have plans for people and their pets to be decontaminated together, where they can be treated quickly, to prevent repeated cross-contamination.

HOW TO SHELTER-IN-PLACE (CHEMICAL INCIDENT)

If officials advise people in a specific area to shelter-in-place because of a short-term chemical release,

households should have the following in the shelter-in-place room:

- Plastic sheeting pre-cut to fit room openings. (Cut the plastic a minimum of 6 inches wider than each opening. The thickness of the plastic should be 4 to 6 millimeters or greater.)
- Duct tape and scissors. (The thickness of the duct tape should be 10 millimeters or greater.)
- A shelter-in-place room should be an interior room, preferably one without windows, that you can seal to block out air that may be contaminated by the short-term release of hazardous chemical agents. The room should be above the ground-level floor because some agents are heavier than air and may seep into basements even if the windows are closed.
- Guidelines for sheltering-in-place are based on the need to shelter for only a few hours— more than sufficient time for a short-term release of airborne agents to dissipate.
- Ten square feet of floor space per person will provide sufficient air to prevent carbon dioxide build-up for up to five hours, assuming each person is resting and breathing at a normal rate.
- A chemical cloud dissipate within three hours. However, local officials are unlikely to recommend the public shelter in a sealed room for more than 2-3 hours because the effectiveness of such sheltering diminishes with time as the contaminated outside air gradually seeps into the shelter. At this point,

evacuation from the area is the better protective action to take.

- In any event, follow instructions from local officials, and ventilate the shelter when the emergency has passed to avoid breathing contaminated air still inside the shelter.

WHAT TO DO DURING A CHEMICAL LEAK OR ATTACK

- Close and lock all windows and exterior doors; close the fireplace damper.
- Keep your pets with you, and have additional food, water and cleaning supplies for them.
- Turn off all ventilation, including furnaces, air conditioners, vents and fans.
- Move to shelter in an internal room and take your Disaster Supplies Kit. Be sure you have a working battery-powered radio.
- Seal the room with duct tape, plastic sheeting and/or modeling clay. Use duct tape with a minimum thickness of 10 millimeters and pre-cut plastic sheeting with a thickness of 4 to 6 millimeters or greater to seal all cracks around doors, windows, and vents, and all wall plugs, switch plates, and cables. Use duct tape to seal around pipes and to seal off drains or other such openings.

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